

MICROS LESSON PLAN – DAY 4 -6

9:30-9:45 Field set up and chat with lead coach

9:45-9:55 **Warm-up “Obstacle Course”**

Try and incorporate the “super skills” into your course.

Micros Skill Curriculum:

Toe Taps (forwards & backwards)

Double Pull Back

Instep Turn

Fast/Slow Dribbling

Scissors

Inside Cuts

Step Over

10:00-10:30 **Three Stations** (Eight minutes long with two-minute transition)

Station #1: Free Zone

Station #2: Numbers Game

Station #3: Circle Races

10:30-10:40 **Snack Break** (transition back to original coaches)

10:40-11:00 **Game Time**

Mini games consisting of 3 vs 3 (coach is on the field with the kids, assistants monitor kids on the side & make subbing changes) **NO GOALIES**. If the ball goes out of play, use your discretion, let them play as much as possible. Don't worry about teaching throw-ins or corner kicks, that comes later in the season as does goal tending. Cheer & shake hands at end of the game.

Great Resource:

http://www.footy4kids.co.uk/soccer_drills_and_games_for_very_young_children.htm